

Aldridge Running Club - Clubnight Routes

October 2017

| Date | Distance | Route | Leader | Middle | Back Marker | Meeting Point |
|------------|-------------|--------------------------------|-------------------------------|--------|-------------|-------------------------------|
| 03/10/2017 | 1 - 3 Miles | Portland Road Three Mile Loops | | | | On the grass outside the club |
| | 4 Miles | Industrial 4 | | | | On road outside club gates |
| | 6 Miles | Chester Road 6 | | | | On road outside club gates |
| | 9 Mile | Steady 9 Mile Group | Will be announced if arranged | | | On road outside club gates |
| | 3 Miles | Walking Group | | | | In the Club House |
| | | | | | | |
| 10/10/2017 | 1 - 3 Miles | Portland Road Three Mile Loops | | | | On the grass outside the club |
| | 4 Mile | Industrial 4 | | | | In the carpark |
| | 6 Mile | Chester Road 6 | | | | In the carpark |
| | 9 Miles | Steady 9 Mile Group | Will be announced if arranged | | | In the Club House |
| | 3 Miles | Walking Group | | | | In the Club House |
| | N/A | Effort Sessions | Les Reeves | | | In the Club House |
| | | | | | | |
| 07/10/2017 | 1 - 3 Miles | Portland Road Three Mile Loops | | | | On the grass outside the club |
| | 4 Miles | Greenwood Road 4 | | | | On the Road outside the club |
| | 6 Miles | Industrial 6 | | | | On road outside club gates |
| | 9 Miles | Steady 9 Mile Group | Will be announced if arranged | | | In the Club House |
| | 3 Miles | Walking Group | | | | In the Club House |
| | | | | | | |
| 24/10/2017 | 1 - 3 Miles | Portland Road Three Mile Loops | | | | |
| | 4 Miles | Greenwood Road 4 | | | | |
| | 6 Miles | Industrial 6 | | | | |
| | 9 Mile | Steady 9 Mile Group | | | | |
| | 3 Miles | Walking Group | Will be announced if arranged | | | |
| | N/A | Effort Sessions | | | | |
| | | | | | | |
| 29/08/2017 | 1 - 3 Miles | Portland Road Three Mile Loops | | | | On the grass outside the club |
| | 4 Miles | Laburnum Road 4 | | | | In the carpark |
| | 6 Miles | Shire Oak 6 | | | | On road outside club gates |
| | 9 Mile | Steady 9 Mile Group | Will be announced if arranged | | | In the Club House |
| | 3 Miles | Walking Group | | | | In the Club House |
| | | | | | | |